

WELLNESS Your Choice Milwaukee



It's that time of year again...make the right choice and complete the Health Assessment process now to improve your health and to avoid a health assessment fee!

Information packets will be mailed to ALL participants' homes during the week of July 22, 2013.

Important 2013 dates to remember!



August 1, 2013: Program begins



September 27, 2013: Special program for back-to-back employee/spouse scheduling closes

September 30, 2013: Deadline for early completion



October 31, 2013: Lab Work must be completed, Health Assessment and Tobacco Education sessions must be scheduled

For more detailed instructions and the latest information go to:
<http://city.milwaukee.gov/der/WellnessYourChoiceMilwaukee.htm>

Questions? Please call 414-777-3510

Monday through Thursday 8:00 a.m. to 9:00 p.m., Friday 8:00 a.m. to 5:00 p.m.

WELLNESS Your Choice Milwaukee



Let's Get Started...



It's that time of year again...make the right choice and complete the Health Assessment process now to improve your health and to avoid a health assessment fee!

What to do before my Health Assessment session:

- ☐ Complete Lab Work
- ☐ Complete Online Health Questionnaire
- ☐ Schedule Health Assessment session

Actual appointment must take place at least 10 business days after lab work completion.

Check the DER site for early completion prize incentive info!

What to bring to my Health Assessment session:

- ☐ Appointment confirmation e-mail
- ☐ This piece of paper and a smile!

Attention tobacco users...

- ☐ Schedule and complete tobacco education

If confirmed by positive lab values, participants must complete a 90-minute tobacco education session in order to qualify for the non-tobacco use rate on premiums.

Appointment Reminder

Date: _____

Time: _____

Place: _____



Please remember that if you are more than 10 minutes late to your health assessment, you will need to reschedule.

Important 2013 dates to remember!



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September 27, 2013: Special program for back-to-back employee/spouse scheduling closes

September 30, 2013: Deadline for early completion

October 31, 2013: Lab Work must be completed, Health Assessment and Tobacco Education sessions must be scheduled

Note: no exceptions will be made on deadlines...please plan accordingly.

Turn over for more information...



Froedtert HEALTH
Workforce Health



Complete your Lab Work

- Do not eat or drink for at least 12 hours prior to your lab work.
- Take medications as needed and drinking water is encouraged.
- If you do not fast, your lab work cannot be completed.
- Visit the City of Milwaukee DER web site for Dynacare Lab locations and hours.
- Bring a picture ID with you to the lab (required).
- Results will be mailed within 10 business days.
- Results will include your User Name for the Online Health Questionnaire.



Complete your Online Health Questionnaire

- Required: prior to your Health Assessment session, complete the Online Health Questionnaire at <http://www.workforcehealth.org/cityofmilwaukee>
- To complete your Online Health Questionnaire, you must have a User Name. (Refer to your lab work results letter.)
- Enter your User Name and Password **wellness**
- Each individual participant must complete their own questionnaire.
- Keep your User Name and Password for future reference.



Schedule your Health Assessment session

- Schedule online at: <http://www.workforcehealth.org/COMschedule>
- Print your confirmation page and bring it and this sheet to your session.
- An email address is required for scheduling and valid emails will receive confirmation. If you do not have an email address, supply an invalid address in this format: firstname.lastname@none.com
- Each participant must schedule their own 30-minute appointment.
- A special scheduling program for back-to-back employee/spouse appointments will run from August 12-September 27, 2013.



Schedule your Tobacco Education session

- Health plan participants testing positive for tobacco (verified by positive lab work results) are eligible for the non-tobacco use rate, provided they successfully complete a Workforce Health facilitated 90-minute tobacco education program.
- Schedule online at: <http://www.workforcehealth.org/COMschedule>



For more detailed instructions and the latest information go to:
<http://city.milwaukee.gov/der/WellnessYourChoiceMilwaukee.htm>

Questions? Please call 414-777-3510

Monday through Thursday 8:00 a.m. to 9:00 p.m., Friday 8:00 a.m. to 5:00 p.m.

Froedtert Health Workforce Health is a third-party partnering with the City of Milwaukee to offer complete and CONFIDENTIAL employee wellness profiles for all health plan participants. All personal health data is kept confidential. Your data will only be used in aggregate reports to help assess the company's overall health and wellness and will never be associated to your name.





City of Milwaukee Monthly Health Assessment Fees

- Health Assessments (HA) are offered at no cost to all City of Milwaukee employees and spouses.

Single (Monthly)

\$30.00	Did not complete entire HA process
\$10.00	Completed HA, positive for tobacco use (did not complete tobacco education)
No Fee	Completed HA, no tobacco use OR positive for tobacco use (completed tobacco education)

- The entire process for the health assessment includes: lab work, online health questionnaire, health assessment session and tobacco education (if applicable).

Family: 1 Employee (Monthly)

\$40.00	Did not complete entire HA process
\$20.00	Completed HA, positive for tobacco use (did not complete tobacco education)
No Fee	Completed HA, no tobacco use OR positive for tobacco use (completed tobacco education)

- City of Milwaukee health insurance participants who do not complete the entire process in the allotted time will pay a health assessment fee (see fees to the right).

Family: Employee + Spouse (Monthly)

Join 90% of your fellow employees in avoiding health assessment fees and improving your health by choosing to fully participate.	\$60.00	Did not complete entire HA process
	\$40.00	1 person completed HA, 1 did not
	\$20.00	2 persons completed HA, 2 positive for tobacco use (did not complete tobacco education)
	\$20.00	2 persons completed HA, 1 positive for tobacco use (did not complete tobacco education)
	No Fee	2 persons completed HA, no tobacco use OR both positive for tobacco use (completed tobacco education)



Dynacare Labs & City Onsite Labs

Locations & Hours

Labwork begins August 1, 2013
and must be completed by
October 31, 2013.

Onsite Locations Rotating Weeks: M-F only

City Hall

200 E. Wells Street (Room 301C)
Milwaukee, WI 53202
M-F 6:30 a.m. to 9:30 a.m.
(Aug 1-2, Sep 3-6, Oct 28-31;
Weeks of Aug 5, Sep 9, Oct 21)

DPW Headquarters

3850 N. 35th Street
(35th & Capitol, Northwest Office)
Milwaukee, WI 53216
M-F 6:30 a.m. to 9:30 a.m.
(Weeks of Aug 19 [NO 8/23],
Sep 30-Oct 4)

Fire & Police Academy

6680 N. Teutonia Avenue
(Chapel-Room 109)
Milwaukee, WI 53209
M-F 6:30 a.m. to 9:30 a.m.
(Weeks of Aug 12, Sep 23 [NO 9/27])

Keenan Health Center

3200 N. 36th Street (Room 117)
Milwaukee, WI 53216
Fridays only 8:00 a.m. to 10 a.m.
Aug 23, Sep 27, Oct 11

Northwest Health Center

7630 W. Mill Road (Room 122)
Milwaukee, WI 53218
M,T, Th, F 6:30 a.m. to 9:30 a.m.
(Weeks of Sep 16, Oct 14)
NO Wednesdays

Southside Health Center

1639 S. 23rd Street (Room 128B)
Milwaukee, WI 53204
M-Th 7:00 a.m. to 9:30 a.m.
(Weeks of Aug 26 [NO 8/30] and
Oct 7 [NO 10/11])

Offsite Locations Weekends Only

Community Memorial Medical Commons

W129 N7055 Northfield Drive
(Building A, First Floor)
Menomonee Falls, WI 53051
Sat-Sun 8:30 a.m. to 4:00 p.m.

Dynacare Lab

(main lab by Froedtert Emergency
Department)
9200 W. Wisconsin Avenue
Milwaukee, WI 53226
Sat-Sun 10:00 p.m. to 6:00 a.m.
(For 2nd and 3rd shift employees only)

Dynacare Mayfair PSC

2645 N. Mayfair Road
Wauwatosa, WI 53226
Sat 7:00 a.m. to 12:00 p.m.

Greenfield Highlands Health Center

4455 S. 108th Street
Greenfield, WI 53228
Sat, Sun 8:30 a.m. to 4:00 p.m.

South Side Pediatrics

2727 W. Cleveland Avenue (Suite B)
Milwaukee, WI 53215
Sat 8:00 a.m. to 12:00 p.m.

Offsite Locations Weekdays Only

Burleigh Avenue

3040 N. 117th Street (Suite 210)
Wauwatosa, WI 53222
M, Th, F 8:30 a.m. to 5:00 p.m.
T, W 8:30 a.m. to 7:00 p.m.

Community Memorial Medical Commons

W129 N7055 Northfield Drive
(Building A, First Floor)
Menomonee Falls, WI 53051
M-F 7:00 a.m. to 8:00 p.m.

Downer PSC

2524 E. Webster Place (Suite 305)
Milwaukee, WI 53211
M-F 8:30 a.m. to 5:00 p.m.
(Closed daily 12:30 p.m. to 1:00 p.m.)

Dynacare Lab

(main lab by Froedtert Emergency
Dept.)
9200 W. Wisconsin Avenue
Milwaukee, WI 53226
M-F 10:00 p.m. to 6:00 a.m.
(For 2nd and 3rd shift employees only)

Dynacare Mayfair PSC

2645 N. Mayfair Road
Wauwatosa, WI 53226
M-F 7:30 a.m. to 4:00 p.m.

Greenfield Highlands Health Center

4455 S. 108th Street
Greenfield, WI 53228
M, F 8:00 a.m. to 8:00 p.m.
T, W, Th 7:30 a.m. to 8:00 p.m.

National Avenue

12555 W. National Avenue (Suite 101)
New Berlin, WI 53151
M-F 7:00 a.m. to 5:00 p.m.

Shafi Medical Center

1919 W. North Avenue
Milwaukee, WI 53206
M-F 9:00 a.m. to 5:30 p.m.

South Side Pediatrics

2727 W. Cleveland Avenue
Milwaukee, WI 53125
M-F 8:30 a.m. to 5:00 p.m.

For questions regarding these locations, please
contact Dynacare Client Services at 414-805-7600.





City of Milwaukee
Wellness and Prevention
Labor Management Committee
Members

Dale Bormann, MPA
Mike Brady, DER
Mark Buetow, MPA
Nancy Burns, SEIU
Deborah Ford, DER
Allen Jansen, MPFF
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Dan Panowitz, DC 48
Robin Pederson
Ken Wischer, DC48
Dennis Yaccarino, DOA
Feliks Zajackowski, Local 494

Representatives

Rick Gadzialinski, Local 510
Thomas Klusman, MPSO
Roger Oldenburg, MRA
Kurt Jante, IBEW

Attention: All City of Milwaukee Health Plan Participants

COMPLETE THIS YEAR'S ANNUAL HEALTH ASSESSMENT AND YOU COULD WIN!

Looking for a chance to participate in the 2014 wellness program to increase your personal health awareness and impact your health assessment fee? It's **EASY** and by completing all the assessment steps you have a **chance to WIN!** You will be entered in a drawing to win one of seven weekly \$150 Target gift cards! You will be automatically entered to win once you have completed all health assessment steps.

Health Assessment sessions and Tobacco Education sessions will be conducted by Workforce Health. **YOU MUST MAKE THE APPOINTMENTS FOR THESE SESSIONS PRIOR TO OCTOBER 31, 2013.**

The enclosed information has instructions to complete your health assessment. All steps must be completed by the deadline dates to avoid being charged a monthly health assessment fee in addition to your twice a month health insurance premiums. The health assessment steps are:

- (1) **Lab Work:** Enclosed is a listing of participating Dynacare Lab locations. Additional on-site City locations will be available. Fasting blood draws must be done at least 10 days before your scheduled health assessment session with the health educator.
- (2) **Online Health Questionnaire:** Easy to complete online...look for your User Name with your lab results mailing. Complete the online health questionnaire prior to your health assessment session.
- (3) **Online Scheduling:** You are able to schedule your 30-minute health assessment session and your tobacco education session (if applicable) with easy clicks online!
- (4) **Tobacco:** If your lab results indicate tobacco use, reduce your health assessment fee by attending one 90-minute tobacco education session.

Your participation is not mandatory, but will increase your personal health awareness, and impact any health assessment fee for you in 2014. Workforce Health must follow the same laws and regulations as your personal physician and will not share your personal health information with the City, its agencies or any other organization. Workforce Health will only provide the City with aggregate data and general population health reports for future planning purposes. Your individual private health information cannot be determined from the aggregate data.

Feel free to contact Workforce Health at 414-777-3510 with any questions after you review the enclosed materials.

Watch for e-mail reminders from us, and be sure to add us to your safe sender list. We look forward to working with you for better health!

Froedtert Health Workforce Health
Members of the Wellness and Prevention Labor Management Committee

In partnership with
 **Froedtert HEALTH**
Workforce Health

Your chance
to WIN!

Your chance
to SAVE!

Your chance
to CHOOSE!





Your
chance
to WIN!

Hurry!
Complete all steps
by September 30,
2013 to be entered
in the weekly prize
drawings!

If you:

- complete your lab work
- complete your online health questionnaire
- attend your health assessment session
- attend your tobacco education session (if applicable)
- complete **ALL** four steps before September 30, 2013 and you will be entered in the weekly prize drawings to **win a \$150 Target® gift card!**

Good luck!



If ALL health assessment steps are completed prior to September 30, 2013, your name will automatically be entered in the weekly prize drawing. Drawings will be held weekly on Friday in Workforce Health, the winners will be notified by phone and released for posting on the DER web site. Prizes must be picked up at Workforce Health in Menomonee Falls by winner. Winner will be asked to sign a voucher that prize was claimed at time of pick up.